504

Penzance to London

National Express bus timetable for the **Penzance to London** route (Route **504**). Current timetable valid from **Saturday 14th of November 2026**. To keep the timetable handy and check your journey anytime, download this PDF. Services may vary during Bank Holidays.

Monday–Thursday

Stops	*Times*				
Penzance Bus Station, Station Road	–	04:45	–	08:25	–
Helston Coinagehall St. opp Seven Stars P.H.	–	05:10	–	08:50	–
Falmouth Berkeley Vale, bus stop near The Old Police House	–	05:40	–	09:20	–
Penryn Bridge, nr Estate Agent	–	05:45	–	09:27	–
Truro Bus Station, Green Street	–	A 06:05 D 06:10	–	A 09:45 D 09:50	–
Newquay [Cornwall] Bus Station, Manor Rd	–	A 06:45 D 06:50	–	–	–
Bodmin opp Car Park, Dennison Rd	–	07:30	–	–	–
Liskeard Barras St, lay-by, near Lloyds bank	–	07:55	–	–	–
Tideford A38 Quay Rd, down-hill stop, after Church Rd	–	08:05	–	–	–
Landrake A38, opp Geffery Close	–	08:08	–	–	–
Tresillian Bus Stop, opp Post Office	–	–	–	09:56	–

Grampound Fore St, Dolphin P.H.	–	–	–	10:03	–
St Austell Bus Station, off High Cross Street	–	–	–	A 10:20 D 10:25	–
St Blazey Gate A390 St Austell Rd, opp Four Lords P.H.	–	–	–	10:32	–
St Blazey A390 Church St, opp Polgrean Place	–	–	–	10:35	–
Lostwithiel The Royal Talbot	–	–	–	10:45	–
East Taphouse A390, Bus lay-by	–	–	–	11:05	–
Plymouth Coach Stn, Armada Way	02:50	A 08:50 D 09:15	06:20	A 11:45 D 12:10	15:30
Exeter Bampfylde Street, Express Coach Stop 34	A 03:50 D 03:55	–	A 07:25 D 07:30	–	A 16:40 D 16:45
Exeter (Honiton Rd) Bus Shelter opp Park & Ride	04:00	–	07:40	–	16:55
Taunton Park Street, opposite County Hall	A 04:40 D 04:45	–	–	–	–
Bridgwater Coach Stn	05:10	–	–	–	–
Ivybridge Leonards Rd, o/s Town Hall	–	09:35	–	–	–
Leigh Delamere Services (M4) Eastbound Service Area	–	A 12:00 D 12:30	–	A 14:25 D 14:50	–
Reading Mereoak Park & Ride, nr M4 junction 11	–	–	–	16:20	–
Heathrow Airport Central Bus Station	A 07:55 D 08:00	A 14:30 D 14:35	A 11:15 D 11:20	A 17:05 D 17:10	A 20:25 D 20:30
London (Earl's Court) West Cromwell Rd, Stop D, nr Tesco	08:55	15:05	12:00	17:50	21:00

London Victoria Coach Station, Arrivals Hall	09:20	15:35	12:20	18:20	21:20

Friday

Stops	*Times*				
Penzance Bus Station, Station Road	–	04:45	–	08:25	–
Helston Coinagehall St. opp Seven Stars P.H.	–	05:10	–	08:50	–
Falmouth Berkeley Vale, bus stop near The Old Police House	–	05:40	–	09:20	–
Penryn Bridge, nr Estate Agent	–	05:45	–	09:27	–
Truro Bus Station, Green Street	–	A 06:05 D 06:10	–	A 09:45 D 09:50	–
Newquay [Cornwall] Bus Station, Manor Rd	–	A 06:45 D 06:50	–	–	–
Bodmin opp Car Park, Dennison Rd	–	07:30	–	–	–
Liskeard Barras St, lay-by, near Lloyds bank	–	07:55	–	–	–
Tideford A38 Quay Rd, down-hill stop, after Church Rd	–	08:05	–	–	–
Landrake A38, opp Geffery Close	–	08:08	–	–	–
Tresillian Bus Stop, opp Post Office	–	–	–	09:56	–
Grampound Fore St, Dolphin P.H.	–	–	–	10:03	–
St Austell Bus Station, off High Cross Street	–	–	–	A 10:20 D 10:25	–
St Blazey Gate A390 St Austell Rd, opp Four Lords P.H.	–	–	–	10:32	–

St Blazey A390 Church St, opp Polgrean Place	–	–	–	10:35	–
Lostwithiel The Royal Talbot	–	–	–	10:45	–
East Taphouse A390, Bus lay-by	–	–	–	11:05	–
Plymouth Coach Stn, Armada Way	02:50	A 08:50 D 09:15	06:20	A 11:45 D 12:10	15:30
Exeter Bampfylde Street, Express Coach Stop 34	A 03:50 D 03:55	–	A 07:25 D 07:30	–	A 16:40 D 16:45
Exeter (Honiton Rd) Bus Shelter opp Park & Ride	04:00	–	07:40	–	16:55
Taunton Park Street, opposite County Hall	A 04:40 D 04:45	–	–	–	–
Bridgwater Coach Stn	05:10	–	–	–	–
Ivybridge Leonards Rd, o/s Town Hall	–	09:35	–	–	–
Leigh Delamere Services (M4) Eastbound Service Area	–	A 12:00 D 12:30	–	A 14:40 D 15:05	–
Reading Mereoak Park & Ride, nr M4 junction 11	–	–	–	16:30	–
Heathrow Airport Central Bus Station	A 07:55 D 08:00	A 14:40 D 14:45	A 11:15 D 11:20	A 17:20 D 17:25	A 20:25 D 20:30
London (Earl's Court) West Cromwell Rd, Stop D, nr Tesco	08:55	15:20	12:00	18:05	21:00
London Victoria Coach Station, Arrivals Hall	09:20	15:50	12:20	18:35	21:20

Saturday–Sunday

Stops	*Times*				
Penzance Bus Station, Station Road	–	05:00	–	08:25	–
Helston Coinagehall St. opp Seven Stars P.H.	–	05:25	–	08:50	–
Falmouth Berkeley Vale, bus stop near The Old Police House	–	05:55	–	09:20	–
Penryn Bridge, nr Estate Agent	–	06:00	–	09:27	–
Truro Bus Station, Green Street	–	A 06:20 D 06:25	–	A 09:45 D 09:50	–
Newquay [Cornwall] Bus Station, Manor Rd	–	A 07:00 D 07:05	–	–	–
Bodmin opp Car Park, Dennison Rd	–	07:45	–	–	–
Liskeard Barras St, lay-by, near Lloyds bank	–	08:10	–	–	–
Tideford A38 Quay Rd, down-hill stop, after Church Rd	–	08:20	–	–	–
Landrake A38, opp Geffery Close	–	08:23	–	–	–
Tresillian Bus Stop, opp Post Office	–	–	–	09:56	–
Grampound Fore St, Dolphin P.H.	–	–	–	10:03	–
St Austell Bus Station, off High Cross Street	–	–	–	A 10:20 D 10:25	–
St Blazey Gate A390 St Austell Rd, opp Four Lords P.H.	–	–	–	10:32	–

St Blazey A390 Church St, opp Polgrean Place	–	–	–	10:35	–
Lostwithiel The Royal Talbot	–	–	–	10:45	–
East Taphouse A390, Bus lay-by	–	–	–	11:05	–
Plymouth Coach Stn, Armada Way	03:35	A 08:50 D 09:15	06:35	A 11:45 D 12:10	15:45
Exeter Bampfylde Street, Express Coach Stop 34	A 04:35 D 04:40	–	A 07:40 D 07:45	–	A 16:50 D 16:55
Exeter (Honiton Rd) Bus Shelter opp Park & Ride	04:45	–	07:55	–	17:05
Taunton Park Street, opposite County Hall	A 05:25 D 05:30	–	–	–	–
Bridgwater Coach Stn	05:55	–	–	–	–
Ivybridge Leonards Rd, o/s Town Hall	–	09:35	–	–	–
Leigh Delamere Services (M4) Eastbound Service Area	–	A 12:00 D 12:30	–	A 14:25 D 14:50	–
Reading Mereoak Park & Ride, nr M4 junction 11	–	–	–	16:20	–
Heathrow Airport Central Bus Station	A 08:25 D 08:30	A 14:30 D 14:35	A 11:15 D 11:20	A 17:05 D 17:10	A 20:25 D 20:30
London (Earl's Court) West Cromwell Rd, Stop D, nr Tesco	09:00	15:05	12:00	17:50	21:00
London Victoria Coach Station, Arrivals Hall	09:20	15:35	12:20	18:20	21:20

Key

A The coach will arrive at the first time. After a short break
D at this stop, it will depart again at the second time.

– The coach does not stop here on this service.